ens Ave., Scranton, Pa., said: "The 'flu' left my little Regina in such a bad condition that I have no idea she breathe but a few more gasps. But would be with me now if it hadn't Taniac gave him back to us strong been for Tanlac. It is a mystery to and well and we will praise it to our me how she lived on the little she dying day."

was eating and was so lifeless she never even cared to play with the dolls and toys she got at Christmas. Since taking Tanlac she is as hardy and well as any child could be and merit. Although a powerful reconsomeness as well as its unusual has gained 15 pounds in weight. I structive, Tanlac contains no harmwill always praise Tanlac for restor- ful ingredients, minerals or opiates Richard Leary, 2342 Palethorpe St., medicines. Being composed of the Philadelphia, said: "There is no most beneficial roots and herbs doubt in my mind but that Tanlac known to science it is purely vegetable and can be taken by the most delicate children, and does not upset delicate children, and does not upset delicate children. prised to have seen him drop off at or injure the weakest or most deliany time. He had stomach trouble cate stomach.

and many a time the gas pressed up There is a Taplac agent in every into his chest until his heart palpi- town.-Advertisement.

Cities as Thunderstorm Spots. The conclusion has been reached by well-known engineer who has given ter interposes, vegetation would the subject considerable attention climb skyward until we had tropical that certain cities, if not indeed most jungles and flowers high in the branchinland cities of say 100,000 population es of the forest, instead of violets and or more, appear to be "thunderstorm daisles and lady's-slipper orchids. As made by E. R. Horton, of Voorhees- in the wet and cold of winter, furnish ville, N. Y., who also points out that shelter to the seeds of grasses and "a shallow lake with sandy margins small woodland plants, and so foster located in a forest may serve as a a new growth for the coming of spring. thunderstorm breeder" and cites as Even in decay there is a purpose; in proof observations made by him nature always there is a new beginover Oneida lake, New York.

Old Court Has Much Power. In Liverpool (Eng.) there still exists one of the very few remaining medi- ed of popes who patronized Jewish eval borough courts of record. At one physicians. An exception was Paul time there were 215 in various parts of the kingdom. The Liverpool court Rome, but at least a score of popes of passage, as it is called, has prac- seem to have gone out of their way in tically unlimited jurisdiction in causes of action arising within the city, medical members of this race. and has more power than has the City of London court which has jurisdiction only when the defendant is employed in the city itself.

A "balanced diet" may sound

confusing to many people

The facts, as explained

here, are simple.

containing all the elements needed for proper

nutrition. These elements are protein, to nourish

the tissues; starch and sugar to furnish energy;

fat to supply heat; and mineral salts to provide

the material necessary for building nerves, brain,

whole wheat flour and malted barley, served with

cream or milk, is a complete food for young and

Grape-Nuts. Eat it with milk or cream for

breakfast; or with stewed fruit, jelly or jam, as a

Grape-Nuts-the Body Builder

"There's a Resson'

ie by Postum Cereal Co., Inc., Battle Creek, Mich.

delicious dessert for lunch or dinner.

palatable and nourishing food-

Grape-Nuts, the nourishing cereal made of

Go to your grocer today and get a package of

Every member of the family will relish this

and tooth and bone structure.

old alike.

The secret of a "balanced diet" is to have food

Nature's Supreme Wisdom,

If it were not for the check that win-The observation has been it is, the year's tender growths decay ning.-Youth's Companion.

> Jewish Physicians to Popes. Many examples might be enumerat-IV, who introduced the Ghetto into extending friendly recognition to the

The Alibi. The Secretary—This speech may get you into trouble.

The Honorable—Then you had better Misery loves company, but the com- prepare a statement saying that I was pany 'sn't apt to make a second call. misquoted by the newspaper.—Life.



"I'm a bad creature and I don't care," said the Jaguar. "I'm a wild cat. For I belong to the wild cat family and so that makes me a wild cat.

"And I am certainly wild enough. Oh, I am wild. And I am a wretch and I am proud of it.

"Now people and creatures say that when others are sorry for anything they have done that has been wrong there is great hope for their improve-

"So if that is true it shows that there is no hope for my improvement and I'm glad of it.

"Tve ne desire to improve. No desire to do anything like that. "To me the mere idea of improving

one's ways is foolish. "So that is a bad beginning. I have great spots and I am supposed to be the largest cat or at least the largest spotted cat on this side of the world.

"I am just as big if not bigger than the old leopard. Pooh! I don't think any one trembles at the thought of a leopard meeting them, if that were possible, and if leopards roamed around this country, as much as they would at the thought of meeting me. "I fill creatures with fear. I don't

like to be friendly or kindly or simply rather wild. "I like to be cruel. Now a cat is very cruel the way he catches a mouse. For he doesn't kill the mouse at once but plays with it and plays with it

and kills it after a time. "That shows that even a teme cat has some of the good old family qualitles in him. Ah, yes, we call such ways fine family qualities.

"The Puma is a wild animal of this side of the world. But often the Puma behaves himself. He will swim and enjoy himself and climb about and behave well. He isn't nearly so wild as he should be in my opinion,

"I'm often called a tiger by people who live in the wild jungles of America. I'm always to be known by my handsome black rosette spots which are different from the round spots of Mr. Leopard.

"I've great strength and can do almost anything that requires strength. "I've heard that in the zoo the Puma is really at times quite friendly and



"Handsome to Look At."

at least he shows he's rather gentle at heart.

"But the old Jaguar Isn't like that, He looks like a dangerous creature and a dangerous creature he is. "I hate men and they had better

stay cut of my way if they don't want to be hurt. "But I am handsome to look at if

one can look at me and still live! "That can be done of course if I am in a zoo, but I don't happen to be in a zoo though some of my family are. There they are kept safely from the people who can look at them.

"There the jaguar can't tell what he thinks of people-and what he thinks of people is that he doesn't see any reason why he should be nice to them.

"If any one should come to me and say, 'Jaguar, will you improve your ways and be kindly and be good?" I would say in answer, 'I'll crush you with my great jaws!"

"That would be a smart answer all right. And I'd live up to my answer.

"Of course people are pretty safe from me as I never go where they are. If they come to the jungle or care to live about the jungle it is all right. That is-it is all right for me, but not for them. I don't care whether they do or not, really.

"But I don't go where they are as I like it where it is very wild. That is what suits me.

"The wild, bad old jaguar will stay in the wild, rough old jungle and he'll never mend his ways no matter who should beg him to do so!"

Regular Time.

A woman was trying to overcome the reluctance of a little girl to retire for the night. "Being six years old." she said, "you should go to bed at six, When you are seven you will be able to stay up till seven, and when you are eight you can keep awake till eight." The child gazed thoughtfully, with a mental arithmetic look at the kindly face, with its crown of gray hair and remarked: "Then I suppose you never go to bed at all?"

And Seasickness Teacher (to class in chemistry)-What does see water contain besides the sodium chloride, that we have mentioned?

Small boy-Fish, sig



Help Your Kidneys Fight That Cold! Winter Colds and Chills Weaken the Kidneys and Are the Direct Cause of Many Serious Kidney Disorders

S winter-time your backache-time? Does every cold, chill or attack of grip leave you lame, achy and all worn out? Does your back throb and ache until it seems you just can't keep going another day?

Then look to your kidneys! Grip, colds and chills throw a heavy strain on the kidneys. They overload the blood with poisons and impurities that the kidneys have to filter off. The kidneys weaken under this rush of new work; become congested and inflamed.

It's little wonder then, that every cold

finds you suffering with torturing backache, rheumatic pains, headaches, dizziness and annoying bladder irregularities.

But don't worry! Simply realize that your kidneys are overworked at such times and need assistance. Get a box of Doan's Kidney Pills today and give your weakened kidneys the help they need. Assist them also by drinking pure water freely, eating lightly, and getting plenty of fresh air and rest. Doan's Kidney Pills have helped thousands and should help you. Ask your neighbor!

"Use Doan's," Say These Good Folks:

A. D. COLLINS, Prop. Grocery, First St., Grenada, Miss., says: "A year ago i got a severe cold which settled on my kidneys and made them weak and disordered. My back ached by spells, I was generally run down and I had a tired feeling while the attack lasted. I saw Doan's Kidney Pills advertised and decided to try them. I got a box and after using them my trouble disappeared and I felt better in every way. I have never had a return of the complaint since."

MRS. W. I. WINN, 228 Elliot St., Shelby. ville, Tenn., says: "Several years ago my kidneys were causing me a lot of trouble. The action of these organs was weak. My back ached terribly and pained me, too. I often suffered from dizzy spells and usually felt tired out, downhearted and exhausted. After using Doan's Kidney Pills for a while I felt like a different person. The action of my kidneys became regular, my back stopped aching and all other troubles left. Doan's cured me."

Doan's Kidney Pills

At all dealers, 60c a box. Foster-Milburn Co., Mfg. Chemists, Buffalo, N. Y.

Urban Ignorance.

Lest We Forget. She-Where is my picture?

She-Ah! I see! Cold storage,

FOR COLDS, CROUP AND PAINS.

Vegetarians ought to be able to give

Opportunity doesn't wait for the

No man is as dangerous as he thinks

Any story told over a long-distance

telephone is a sort of distant relation.

Don't be a miser; coffins have no

Better a crying woman than a

Life is a problem of finding charac-

To insure glistening-white table

linens, use Red Cross Ball Blue In your

laundry. It never disappoints. At all

After all, there's nothing worth wor-

Use Vacher-Balm; it relieves at once,

"No; what do you do, follow a

"Ever go chestnuting?"

vorm?"-Boston Transcript.

He-I have it in my heart,

AVOID IMITATIONS.

than in both of them.

man who is late.

you think he is,

scratchy one,

ter through choices.

vertisement.

Taken Literally. She-There isn't a single man that I really care for.

Re-That's all right. I'm married. Shall we sit down?-The Argonaut.

SWAMP-ROOT FOR KIDNEY AILMENTS

There is only one medicine that really stands out pre-eminent as a medicine for curable ailments of the kidneys, liver and

Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of distressing cases. Swamp-Root makes friends quickly because its mild and immediate effect is soon realized in most cases. It is a gentle, healing vegetable compound. Start treatment at once. Sold at all

drug stores in bottles of two sizes, medium and large. However, if you wish first to test this

great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper .- Advertisement.

Undesired Brilliance. "There's one place where a woman nlways thinks she shines." "I know-

on the end of her nose." The mold of a man's fortune is his own hands.

Hope is the tie which keeps a heart from breaking.

Women seldom live to be 700 years old; they linger around 30 too long.

There are no more attics, so junk stores increase.

Investigating committees

cannot harm honest men.

good grocers.-Advertisement. Price of eternal vigilance is wrinkles, rying about.

A Grateful Mother writes:

Syrup for a baby and I feel that it was a God-sent blessing to me.

I will tell any mother what it has done for my baby.

With all good wishes to you and your preparation.

Respectfully, Diarrhoea, colic, flatulency and teething troubles are relieved by this safe, pleasant

preparation. Non-narcotic, non-alcoholic. The Infants' and Children's Reg

Open formula on every label. At All D

ANGLO-AMERICAN DRUG CO., 215-217 Fulton Street, N

Barold P. Ritchie & Co., Inc., New York, Turn

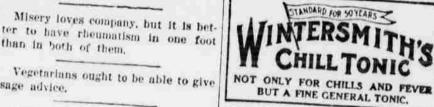
Applied Advice.

"I see young Richleigh has given his limousine to a well-known actress. "I suppose that is his idea of hitching one's wagon to a star."-Boston Transcript.

"Pa, what's a critic?" "A critic, my son, is an artistic mocker."-Boston Transcript.

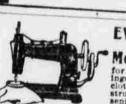
Don't be visionary. It's foolish te plant sunflower seeds to raise rain-

If we have no agent where you live, write for a free sample to E. W. Vacher, Inc., New Orleans, La.-Ad-



MICHEL COMMENT TO THE STATE OF Salve For SORE EYES

Liggettullyers KING PIN PLUG TOBACCO Known as "that good kind" Try it-and you will know why



EVERY HOMB Modern Darner

MODERN DARNER, Box 167, Memphis, Tear, FOR SALE - VALLEY REDLAND FARM HERE: 124 acres; seven from painted dwaller.

HERE: 124 acres; seven from painted dwalling; big barn; freestone water; half mile to charcace, school and railroad station. Price \$15.207.54; farms \$1000 cash, balance can be paid in velvet beans, sweep potatoes and corn, (instead of outer). Bary sanna payments. City Hank & Trust Co., Anniston, Ale. Orange Groves, Farms, Unimproved Lands suitable for poultry, dairy, oranges, trucking, Best location Fig. B.C. Hartley, Groveland, Fla.

DOV TREATED ONE

Short breathing releved in a few hourse
swelling reduced in a
few days; regulates the fiver, kidneys, atomach
and heart; purifies the blood, atrengthens the
entire system. Write for Free Trial Treatment. COLLUM DROPSY REMEDY CO., Dept. W.O., ATLANTA, BA

Domestic Orchard Tree Blueberrice best fruit inventin't. Small cost, quick returns. Free cot. So. Blueberry Ca., Tampa, Fia., Atlanta, Ga. LEARN THE BARBER TRADE Wages while learning. Write, New Orleans, Barber Col., 528 Poydras, New Orleans, La